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# The Pull Up - Push Up Challenge



*Body Weight Edition*

**ChallengeWorkouts.com**

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## Body Weight Edition

### WELCOME!

Pull ups and push ups are the ultimate body weight movements.

This module to the pull up and push up program will guide you to increasing the quantity and quality of pull ups and push ups you can do without ANY equipment whatsoever.

You'll need a regular pull up bar and a lower pull up bar. This can be a horizontal bar in a door or in a playground and a stability ball.

You'll find twelve complete body weight workouts to follow. Take a day of rest in between each workout, or add a HIIT style workout on your day off. My suggestion is to repeat this program twice for over six weeks of programming.

\*If you want some excellent ideas for HIIT for after your workout or for your day of rest. You should check out my good friend, [Mike Whitfield's 'Workout Finishers'](#). You can find them [here](#).

As always, form is important. View the exercise library and videos and check body position for each movement. You can sustain significant overuse injuries by not listening to your body, so take care. Know what is good and bad pain.

Your grip – Although the tendency is to 'hold on for dear life' whenever you're doing a pull up or variation there of, don't. Try to keep a loose grip to avoid elbow pain that can result.

Your shoulders – The shoulder is a delicate joint that can easily get stressed and inflamed. If you feel pain in the joint, ice and rest an extra day. Double check your form and ensure that you're not compromising the integrity of the joint by doing your movements with an extended range of motion.

Always listen to your body and seek expert advice should you have an ache or a pain that doesn't go away in a few days. The issue with bodyweight training is that many people think that because the movement isn't 'loaded' with additional weight, that you can continue to push through pain. Not so, your body weight is a significant 'load' especially when you use the 'pre-fatigue' techniques we will use in this program.

Train safe and smart. Let's get started.

### Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

### Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always err on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

# Workout 1

1-Today you will ATTEMPT one pull up to see how close you are to completing it. Can you move your body at all from the full hanging position? This is your benchmark test. Make a note of this.

## 2- Stick ups

- 10 reps
- No rest

## 3- Assisted pull ups with controlled descent

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

## 4- Hanging leg raise

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

## 5- Inverted row

- 10 reps
- Rest 15 seconds
- Repeat 2 more times (3 sets total)

## 6 - Push ups to 30 sec plank hold

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

## 8- Incline push up

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

## 9- Dips

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

## 10a- Squats

- 20 reps
- No rest

### **10b – Pulsing squats**

- 30 seconds
- 30 seconds rest
- Repeat both exercises for a total of 3 sets

### **11 –Reverse single leg hip lift**

- 20 reps one leg
- Rest 10 seconds
- 20 reps other leg
- Repeat 2 more times (3 sets total)

### **12 -Spider crawls**

- 10 reps per leg
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

Static Stretching for 3-5 minutes

## **Workout 2**

### **1-Stick ups**

- 10 reps
- No rest

### **2- Inverted row**

- 10 reps
- Rest 15 seconds
- Repeat twice (for a total of 3 sets)

### **3- Jump pull ups with controlled descent**

- 10 reps
- Rest 30 seconds
- Repeat (total of 2 sets)

### **4-Superman holds**

- Hold 30 seconds
- Rest 15 seconds
- Repeat (total of 2 sets)

### **5- Hanging leg raises**

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

**6a- Regular push up**

- 30 seconds
- no rest

**6b- Incline push up**

- 30 seconds
- no rest

**6c - Plank hold 30 seconds**

- Repeat twice (total of 3 sets)

**7- Get ups**

- As many as possible with good form
- Rest 30 seconds
- Repeat (2 sets total)

**8 -Stability ball plank**

- As long as possible with good form
- Rest 30 seconds
- Repeat (2 sets total)

**9a - Squat jump**

- 30 seconds
- No rest

**9b - Bench step up**

- 30 seconds
- No rest
- Repeat 2 more times (3 sets total)

**10- Stability ball hamstring curls**

- 30 seconds
- Rest 10 seconds
- Repeat 2 more times (3 sets total)

**11a-Spider crawl**

- 10 reps/leg
- No rest

**11b- Mountain climber**

- 10 reps/leg
- Rest 15 seconds
- Repeat 2 more times (3 sets total)

Static Stretching for 3-5 minutes

# Workout 3

## 1-Stick ups

- 10 reps
- No rest

## 2-Scapular retraction

- Hang from a bar and try to squeeze the shoulder blades together, down and back. See if you can initiate any movement. (You need to connect the brain to your back muscles to get them to work for you!)
- Do as many Reps as possible
- Rest for 30 seconds

## 3a-Assisted pull ups with controlled descent - 10 reps

- No rest

## 3b- Inverted Row – 10 reps

- Rest for 30 seconds
- Repeat 2 more times (total of 3 sets)

## 4-Hanging leg raises

- 10 reps
- Rest 30 seconds
- Repeat (total of 2 sets)

## 5- Burpee (with push up)

- 10 reps
- Rest 30 seconds
- Repeat (total of 2 sets)

## 6a-Push ups – 30 seconds

- No rest

## 7b- Plank Hold – 30 second hold

- Rest 30 seconds
- Repeat both exercise 2 more times (3 Sets Total)

## 8- Dip

- 30 seconds
- Rest 15 seconds
- Repeat (total of 2 sets)

## 9a- Pulsing squat

- 30 seconds
- No rest

## 9b – Box Jump

- 10 reps
- Rest 15 seconds
- Repeat (total of 3 sets)

**10a-Spider crawl** – 10 reps per leg

- No rest

**10b-Reverse Hip Lift** – 10 reps per leg

- 30 rest
- Repeat Both exercises 2 more time (3 sets total)

Static Stretching for 3-5 min

## Workout 4

**1**-Today you will **ATTEMPT** one pull up to see how close you are to completing it. Can you move your body at all from the full hanging position? This is your second benchmark test. Make a note of this.

**2-Stick ups**

- 10 reps
- No rest

**3a-Jump pull ups with controlled descent** – 10 reps

- No rest

**3b-Inverted Row** – 10 reps

- 15 second rest
- Repeat (3 sets total)

**4-a Incline push up**

- 30 seconds
- No rest

**4b- Inverted row**

- 30 seconds
- Rest 15 seconds
- Repeat (3 sets total)

**5a-Jump pull up** – 1 rep

- No rest

**5b- Hanging Leg Raises** – 5 reps

- Rest 10 seconds
- Repeat (5 sets total)



### **6a- Bulgarian split squat**

- 10 reps (one leg)
- No rest

### **6b- Sprinter Start skip hop (same leg)**

- 30 seconds
- Rest 30 seconds
- Repeat on other leg
- Repeat for a total of 3 sets for each leg

### **7-Stability Ball plank**

- Hold to failure (hold as long as possible)
- Rest 30 seconds
- Repeat (2 sets total)

Static Stretching for 3-5 min

## **Workout 5**

### **1-Stick ups**

- 10 reps
- No rest

### **2a-Push ups**

- 30 seconds
- No rest

### **2b- Assisted pull ups with controlled descent**

- 10 reps
- Rest 30 seconds
- Repeat (total of 3 sets)

### **3a-Burpees with push up- 10 reps**

- No rest

### **3b- Inverted row – 10 reps**

- Rest for 30 seconds
- Repeat (3 sets total)

### **4-Alternate hanging leg raises – bring knees to opposite elbow**

- 10 reps
- Rest 30 seconds
- repeat

### **5a-Bodyweight squat – 30 seconds**

- No rest

### **5b – Squat jump – 10 reps**

- Rest 30 seconds
- Repeat (3 sets total)

**6a-Alternate reverse lunge** -30 seconds

- No rest

**6a- Box jump** – 30 seconds

- Rest 30 seconds
- Repeat (3 sets total)

**7a - Spider crawls** – 10 per leg

- No rest

**7b -Plank Hold** – 30+ seconds

- Rest for 15 seconds
- Repeat (3 sets total)

**8a-Bicycle crunch**

- 20 reps/leg
- No rest

**8b- Mountain climber**

- 10 reps/leg
- Rest 15 seconds
- Repeat 2 more times (3 sets total)

Static Stretching for 3-5 min

## Workout 6

**1-Stick ups**

- 10 stickups
- No rest
- 

**2-Scapular retraction**

- Hang from a bar and try to squeeze the shoulder blades together, down and back. See if you can initiate any movement. (You need to connect the brain to your back muscles to get them to work for you!)
- Try as many as you can
- Rest for 30 seconds

**3a- Hanging leg raise**

- 10 reps
- No rest

**3b-Assisted pull up with 4 count decent**

- Work up to 10 reps
- Rest 30 seconds
- Repeat (total of 3 sets)

**4a-Push ups** – 30 seconds

- No rest

**4b- Plank Hold** – 30 second hold

- Rest 30 seconds
- Repeat both exercise 2 more times (3 Sets Total)

**5-Bodyweight Speed Squats**

- 20 seconds
- Rest 10 seconds
- Repeat 5 more times (6 Sets total)

**6-Stability ball hamstring curls**

- 30 seconds
- Rest 15 seconds
- Repeat 2 more times (3 sets total)

**7-Reverse Hip Lift** – 10 reps per leg

- 15 seconds rest
- Repeat 2 more times (3 sets total)

**8a -Side plank** – hold for 30 seconds each side

- No rest

**8b- Spider Crawl** – 10 reps each leg

- Rest for 30 seconds
- Repeat both exercises

**9-Stability ball roll out**

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

Static Stretching for 3-5 min

## Workout 7

**1-**Today you will ATTEMPT one pull up to see how close you are to completing it. Can you move your body at all from the full hanging position? This is your third benchmark test. Make a note of this.

### **2-Stick ups**

- 10 reps
- No rest
- 

**3-Assisted weighted pull ups with controlled descent** (if you can handle it, add 5 lbs to your own body weight, if not, just do body weight)

- 10 reps
- Rest 30 seconds
- Repeat

### **4-Inverted row**

- 30 seconds
- Rest 15 seconds
- Repeat (total of 3 sets)

### **5-Reverse bodyweight flies**

(Do these the same as the reverse fly (DB rear delt fly), use no DB's, and concentrate on squeezing the shoulder blades together)

- 30 seconds
- Rest 10 seconds
- Repeat (total of 2 sets)

### **7-Hanging leg raises**

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

### **10-Push ups**

- Reps to failure (how many can you do?)
- Rest for 1 minute
- Repeat (total of 2 sets)

### **11-Stability ball plank**

- Hold to failure
- Rest 30 seconds

### **12-Sprinter start skip hop**

- 30 seconds per leg
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

### **13a –Reverse hip lift-** 10 reps each leg

- No rest

### **13b-Stability ball hamstring curl-** 10 reps

- Rest for 30 seconds
- Repeat 2 more times (3 sets total)

Static Stretching for 3-5 min

## **Workout 8**

### **1.Stick ups**

- 10 reps
- No rest

**2-Scapular retraction** Hang from a bar and try to squeeze the shoulder blades together, down and back. See if you can initiate any movement. (You need to connect the brain to your back muscles to get them to work for you!)

- Do as many reps as possible
- Rest for 30 seconds

### **3a-Assisted pull ups with controlled descent – 10 reps**

- No rest

### **3b-Divine push up-** 10 reps

- Rest for 30 seconds
- Repeat both exercises 2 more times (2 sets total)

### **4-Inverted row**

- 30 seconds
- Rest 30 seconds
- Repeat (2 sets total)

### **5-Hanging leg raises**

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

### **6a-Push ups – 10 reps**

- No rest

**6b- Plank Hold** – 30 second hold

- Rest 30 seconds
- Repeat both exercise 2 more times (3 Sets Total)

**7a-Bench step up**

- 10 reps per leg
- No rest

**7b-Pulsing squat**

- 20 reps
- Rest 30 seconds
- Repeat (total of 3 sets)

**8a-Reverse hip lift** – 10 reps each leg

- No rest

**8b- Plank Hold** – 30+ second hold

- 30 second rest
- Repeat both exercises 2 times (3 sets total)

Static Stretching for 3-5 min

## Workout 9

**1-Stick ups**

- 10 reps
- No rest

**2a-Jump pull ups with controlled descent** – 10 reps

- No rest

**2b- Inverted row** – 10 reps

- 30 second rest
- Repeat 2 more times (3 sets total)

**3a-Incline push up**

- 30 seconds
- No rest

**3b- Squat jump**

- 10 reps
- Rest 30 seconds
- Repeat (total of 3 sets)

**5a-Burpees (with push up)**

- 10 reps
- No rest

**5b-Reverse lunge**

- 10 reps per leg
- Rest 30 seconds
- Repeat (2 sets total)

**6a – Stability ball hamstring curl**

- 10 reps
- No rest

**6b – Stability ball reverse hip lift hold (both feet on the ball)**

- 30 seconds
- Rest 30 seconds
- Repeat (total of 2 sets)

**7a – Side plank- 30 seconds**

- No rest
- Repeat opposite side

**7b – Push up – 10 reps**

- 30 second rest
- Repeat (total of 2 sets)

**8- Stability ball plank**

- Hold to failure

Static Stretching for 3-5 min

# Workout 10

## 1-Stick ups

- 10 reps
- No rest

## 2a-Assisted pull ups with controlled descent

- 10 reps
- No Rest

## 2b- Inverted overhand row

- 1 rep
- No Rest

## Assisted pull ups with controlled descent

- 9 reps
- No Rest

## Inverted overhand row

- 2 reps
- No Rest

## Continue to count down/count up...

\*Count the assisted pull ups down from 10 to one, and at the same time, count the inverted rows up from 1-10

## 3-Hanging leg raises – bring knees to opposite elbow

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

## 4-Push up

- Go to failure
- 30 second rest
- Repeat (2 sets total)

## 5a-Burpee – 10 reps

- No rest

## 5b- Plank hold – 30 seconds

- 30 second rest
- Repeat (total of 2 sets)



### **6a-Burpees**

- 30 seconds
- No rest

### **6b-Alternate reverse lunge**

- 30 seconds
- Rest 30 seconds
- Repeat (total of 2 sets)

### **7a -Stability ball roll out**

- 10 reps
- No rest

### **7b-Spider crawls**

- 10 reps each leg
- Rest 30 seconds
- Repeat (2 sets total)

Static Stretching for 3-5 min

## **Workout 11**

**1** - Today you will ATTEMPT one pull up to see how close you are to completing it. Can you move your body at all from the full hanging position? This is your fourth benchmark test. Make a note of this.

### **2-Stick ups**

- 10 reps
- No rest

**3-Assisted weighted pull ups with controlled descent** (try adding 5 lbs to your own body weight, if not, just do body weight)

- Work up 10 reps (or as many as you can do)
- Rest 30 seconds to 1 minute
- Repeat (3 sets total)

### **4a-Inverted overhand rows**

- 30 seconds
- No rest

### **4b- Reverse bodyweight flies**

(Do these the same as the DB reverse flies, use no DB's, concentrate on squeezing the shoulder blades together)

- 30 seconds
- Rest 30 seconds

- Repeat (2 sets total)

### **5-Hanging leg raises**

- 10 reps
- Rest 30 seconds
- Repeat

### **6a-Squats**

- 30 seconds
- No rest

### **6b- Wall sit**

- 30 seconds
- No rest

### **6c-Push ups**

- 30 seconds
- Rest 30 seconds
- Repeat (total of 3 sets)

### **7-Stability ball plank**

- 30+ second hold
- Rest 30 seconds
- Repeat (total of 2 sets)

### **8a-Spider crawl** – 10 reps each leg

- No rest

### **8b -Mountain Climbers** – 10 reps each leg

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

Static Stretching for 3-5 min

## **Workout 12**

### **1-Stick ups**

- 10 reps
- No rest

**2 -Scapular retraction** – hang from a bar and try to squeeze the shoulder blades together, down and back. See if you can initiate any movement. (You need to connect the brain to your back muscles to get them to work for you!)

- Try as many reps as possible
- 30 second rest

**3a-Assisted weighted pull up with 4 count decent** (if you can handle adding 5 lbs to your own body weight, do so, if not, just do body weight)

- 10 reps
- 30 second rest

**3b-Inverted row**

- 10 reps
- Rest 30 seconds
- Repeat both exercises 2 more times (3 sets total)

**4a-Push ups** – 15 reps

- No rest

**4b- Plank Hold** – 30+ second hold

- Rest 30 seconds
- Repeat both exercise 2 more times (3 Sets Total)

**5a- Squats** – 30 seconds

- No rest

**5b-Stability ball hamstring curls**

- 30 seconds

**5c- Sprinter start skip hop**

- 30 seconds per leg
- Rest 1 min
- Repeat 2 more times (3 sets total)

**11-Stability ball rollout**

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

Static Stretching for 3-5 min

## Test Day

Make sure that you're well rested. You don't want to be sore from your previous workout. Warm up with the usual dynamic stretches that you've done for the previous twelve workouts.

Do a five stick ups and five scapular retraction reps.

Rest 30 seconds.

Go to your pull up bar, imagine how you'll pull yourself all the way up. Think about what muscles you'll be recruiting, do the rep in your mind before you ever grab onto the bar.

Now get your grip on the bar. Engage the muscles of your back and start the movement, watch how you pull your body up to the bar.

Can you do more than one? You may surprise yourself now that you can engage the strong muscles of your back.

I'd love to hear about your progress! Please keep me posted on your progress and let me celebrate with you.

You'll find a ton of great content, support and encouragement on my blog:

[www.ChallengeWorkouts.com/blog](http://www.ChallengeWorkouts.com/blog) Please join me and the Challenge Workouts community there!